

FAQs about Ketamine Treatment for Depression, Anxiety, PTSD, Chronic Pain

IS KETAMINE TREATMENT SAFE?

Yes! Ketamine has been an FDA approved drug for about 50-years as an anesthetic and analgesic medication and is routinely used in operating rooms and emergency departments every day. This means that if you've ever had any kind of surgical procedure, ever had a bone set, or stitches in the ER, ***you've probably already been treated with ketamine!*** In the right hands, ketamine is a very safe medication. Lately it's been discovered that in *tiny* doses, **ketamine rapidly alleviates symptoms of depression, anxiety, PTSD, and some chronic pain in about 70% of patients, possibly more.** In fact, for chronic pain, it can provide relief for up to 6-months.

However, while ketamine can be highly-effective for the treatment of depression and chronic pain, it has not yet been approved by the FDA for these uses, although **it is legal** and growing in popularity every day. A very similar drug, ESKETAMINE has recently been FDA approved for these purposes in the form of a nasal spray. When administered by a qualified clinician, ketamine is highly effective and rapid-acting.

IS KETAMINE A RECREATIONAL DRUG?

Unfortunately, lots of very important medications are abused for recreational purposes, including ketamine. Because it can also be used on animals undergoing surgery, it has been called a "horse tranquilizer", or on the street "special K". When used recreationally, ketamine is ingested in *much higher doses than would ever be administered at a ketamine clinic.* Remember that ketamine is administered safely every day in operating rooms and emergency rooms all over the world in higher doses than what you receive to treat depression.

COULD I BECOME ADDICTED TO KETAMINE?

Contrary to popular belief, ketamine is **not** a physically addicting substance. When abused at higher doses in a recreational setting, it can become *psychologically* addicting. When administered for depression treatment or chronic pain management, it is used in much smaller doses than what would be needed to achieve a recreational "high." The chances that a patient would become psychologically addicted to ketamine are very slim. However, Promise Medical takes the risk of addiction seriously. We screen all patients prior to their first treatment to assess their potential for addiction and/or abuse.

WILL KETAMINE TREATMENT WORK FOR ME?

Ketamine is an extremely effective antidepressant, anti-anxiety agent, and chronic pain tool for about 70% of patients, possibly as much as 90%. Because traditional antidepressants (SSRI's, SNRI's, etc) are able to alleviate symptoms in only about 40% of patients, this makes ketamine therapy a truly remarkable option for many people. Because it has a very rapid effect, a patient will know usually within 24 hours if the treatment has helped.

HOW DO I GET STARTED? WHAT SHOULD I EXPECT DURING MY FIRST TREATMENT?

The first step is to determine if you are a candidate for ketamine therapy. **If you are not already a patient of Promise Medical, this, along with a basic physical, medical history, and depression/anxiety/pain evaluation is usually done during a consultation exam.** If there are no contra-indications, we will help you schedule an appointment for your first treatment.

A treatment consists of an intramuscular injection, usually in the hip, backside, or deltoid. *Many ketamine clinics start an IV and infuse it into a vein over 20-30 minutes, but we have opted to eliminate problems caused by trying to start an IV, and simply give it in a muscle, which is equally as effective.* You can then relax as ketamine takes effect. You can lie down, listen to music, or watch a movie on your phone. Your vital signs will be monitored throughout the procedure. Ketamine wears off in about 20-30 minutes. At this time, if you would like, you may receive a second injection at no extra charge. This is 1 treatment.

On the day of your first treatment, please follow these instructions:

- Don't eat anything for 6-hours prior to your treatment.
- Please arrange for a ride home. You should not drive, operate heavy equipment, or make important decisions for the rest of the day.
- You must refrain from alcohol or other sedating substances for 6 hours prior to, and 6 hours after treatment.
- Most regular medications should be continued. Talk to the provider before to go over medications and medical history.

After your ketamine treatment, your vital signs will be monitored for another 30-minutes before releasing you into the care of a friend or family member. **YOU ARE NOT ALLOWED TO DRIVE OR OPERATE MACHINERY FOR 24-HOURS POST TREATMENT!**

HOW MANY TREATMENTS WILL I NEED?

Even though ketamine's improvement of mood is very rapid (within the day, usually), most people plan on 4-6 treatments over 4-6 weeks to assure its effect is also long-lasting.

At the most, ketamine is not recommended long term without a break, simply because no research has yet been done on long-term effects. At Promise Medical, we adhere to a rule of thumb of no more than 2 treatments per week *at the most*. If receiving treatments regularly, after 6 weeks, our patients are required to take a "drug holiday" of 4 weeks to allow their brain to adjust and allow the patient to determine his/her new baseline status.

CAN I CONTINUE USING MY OTHER MEDICATIONS?

Most of your medication should be continued, but never discontinue the use of any medication without talking to your provider first. During your initial consultation, we will review your medication list and determine any contraindications.

HOW MUCH DOES A KETAMINE TREATMENT COST?

While most ketamine clinics are charging anywhere from \$300 to \$500 per treatment, we are offering an *introductory* price of \$275/treatment. This consists of 1 injection, and a second 20-30 minutes later at no extra charge if the patient tolerated the first well, and desires another to increase its effect. A patient may receive a \$25 discount for every referral brought in.